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AMENDMENT TO THE CLAIMS

Claims 1-323 (canceled)

Claim 324 (currently amended): An adjustable spring mechanism comprising:

a first lockable locking telescoping spring mechanism, wherein said first lockable locking telescoping spring mechanism comprises a resilient spring material;

a movable actuation button wherein said actuation button is selectively movable from a first locked position to a second unlocked position; wherein moving said actuation button to said second unlocked position unlocks said lockable locking telescoping spring mechanism and actuates said first lockable locking telescoping spring mechanism allowing said resilient spring material to be ~~moved~~ and wherein upon actuation, ~~actuation~~ said resilient spring material, if compressed, will resiliently expand unless a sufficient compressive force is applied to said first lockable locking telescoping spring mechanism;

~~and wherein said first lockable telescoping spring mechanism comprises an~~ actuation mechanism for engaging and moving said actuation button comprising ~~of~~ said first lockable locking telescoping spring mechanism to said second unlocked position; wherein said actuation mechanism comprises;

at least a first and second fulcrum bearing surface ~~surface; a second fulcrum bearing surface; wherein~~ said actuation button is disposed opposite said first and said second fulcrum bearing surfaces; and a first actuation lever;

wherein said first actuation lever comprises ~~including~~ a second section; wherein said second section extends from said first fulcrum bearing surface to said second fulcrum bearing surface, and; wherein said second section of said first actuation lever is disposed opposite said actuation button, and opposite each ~~said first and said second~~ fulcrum bearing surface ~~surfaces~~; wherein said first actuation lever can bear against each ~~at least a first~~ fulcrum bearing surface and said actuation button;

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wherein said first actuation lever can move in at least two opposite directions;
directions, wherein movement in at least two directions can result in moving said
actuation button to said second unlocked position; wherein movement of said first
actuation lever can move at least a portion of said first actuation lever away from said
first and said second fulcrum bearing surfaces; wherein moving said first actuation lever
results in ~~depressing~~ moving said actuation button and actuating said ~~first-lockable~~
locking telescoping spring mechanism; ~~mechanism;~~ and ~~wherein said first actuation lever~~
~~can rotate;~~

Claim 325 (currently amended): The adjustable spring mechanism of claim 324, wherein
said first actuation lever can be spatially displaced away from said first fulcrum bearing
surface resulting in ~~depressing~~ moving said actuation button and actuating said ~~first~~
~~lockable~~ locking telescoping spring mechanism; and wherein said first actuation lever can
be spatially displaced away from said second fulcrum bearing surface resulting in
~~depressing~~ moving said actuation button and actuating said ~~first-lockable~~ locking
telescoping spring mechanism; and wherein the entirety of said first actuation lever can
be spatially displaced away from said first and said second fulcrum bearing surfaces
resulting in ~~depressing~~ moving said actuation button and actuating said ~~first-lockable~~
locking telescoping spring mechanism;

~~and wherein said first actuation lever can be moved away from said first and said~~
~~second fulcrum bearing surfaces;~~ wherein pivoting said first actuation lever moves a
portion of said first actuation lever away from said first and said second fulcrum bearing
surfaces and results resulting in ~~depressing~~ moving said actuation button and actuating
said ~~first-lockable~~ locking telescoping spring mechanism.

Claim 326 (currently amended) The adjustable spring mechanism of claim 324, wherein
said actuation button is disposed between said first and said second fulcrum bearing
surfaces; wherein said first actuation lever can be moved away from said first and said
second fulcrum bearing surfaces; wherein pivoting said first actuation lever in two
directions moves a portion of said first actuation lever away from said first and said

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second fulcrum bearing surfaces ~~and results resulting in depressing moving~~ said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism.

Claim 327 (currently amended) The adjustable spring mechanism of claim 324; wherein said ~~first lockable~~ locking telescoping spring mechanism further comprises at least a first longitudinal surface disposed longitudinal ~~longitudinally parallel~~ said ~~first lockable~~ locking telescoping spring mechanism ~~facing said actuation button; wherein said first longitudinal longitudinally disposed surface surfaces comprising an inside surface facing~~ faces said actuation button, ~~and an outside surface facing away from said actuation button; wherein said first actuation lever is disposed at least between said first longitudinally disposed longitudinal~~ surface and said actuation button.

Claim 328 (previously presented) The adjustable spring mechanism of claim 327, wherein said first longitudinally disposed ~~longitudinal~~ surface comprises an opening through which said first actuation lever extends; wherein said first actuation lever can move within said opening.

Claim 329 (currently amended) The adjustable spring mechanism of claim 328; wherein said opening comprising of said first longitudinally disposed ~~longitudinal~~ surface comprises an enlarged opening through which said first actuation lever extends; and wherein said first actuation lever can spatially move within said enlarged opening; wherein said first actuation lever can be spatially displaced away from said first fulcrum bearing surface resulting in ~~depressing moving~~ said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism; and wherein said first actuation lever can be spatially displaced away from said second fulcrum bearing surface resulting in ~~depressing moving~~ said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism;

and wherein the entirety of said first actuation lever be spatially displaced away from said first and said second fulcrum bearing surfaces resulting in ~~depressing moving~~ said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism;

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~~and wherein said first actuation lever can be moved away from said first and said second fulcrum bearing surfaces;~~ wherein pivoting said first actuation in two directions moves a portion of said first actuation lever away from at least one said a first fulcrum bearing surface resulting in depressing moving said actuation button and actuating said first lockable locking telescoping spring mechanism.

Claim 330 (previously presented) The adjustable spring mechanism of claim 324, wherein said first actuation lever comprises a first handle section; wherein said first fulcrum bearing surface is disposed between said first handle section and said actuation button.

Claim 331 (previously presented) The adjustable spring mechanism of claim 324, wherein said first actuation lever comprises a third handle section; wherein said second fulcrum bearing surface is disposed between said third handle section and said actuation button.

Claim 332 (currently amended) The adjustable spring mechanism of claim 328, wherein said opening comprising of said first longitudinally disposed longitudinal surface comprises said first fulcrum bearing surface on which said first actuation lever can move; and wherein said first actuation lever can rotate on said first fulcrum bearing surface.

Claim 333 (currently amended) The adjustable spring mechanism of claim 327; wherein said ~~first lockable locking~~ telescoping spring mechanism further comprises at least a second ~~longitudinal~~ surface disposed longitudinal longitudinally parallel said first ~~lockable locking~~ telescoping spring mechanism; ~~mechanism, wherein said second longitudinally disposed surface faces said actuation button, and is disposed generally opposite said first longitudinally disposed longitudinal surface; said second longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button;~~ wherein said first actuation lever is disposed at least between said first longitudinally disposed inside surface of said first

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~~longitudinal surface~~ and said ~~inside surface of said~~ second longitudinally disposed longitudinal surface.

Claim 334 (currently amended) The adjustable spring mechanism of claim 333, wherein said second longitudinally disposed longitudinal surface comprises an opening through which said first actuation lever extends; wherein said opening is disposed diametrically opposite said opening of said first longitudinally disposed longitudinal surface; and wherein said first actuation lever extends directly from said opening of said first longitudinally disposed longitudinal surface to said actuation button, and then extends further to said opening of said second longitudinally disposed longitudinal surface; wherein said first actuation lever is disposed specifically opposite said actuation button;
wherein a portion of said first actuation lever comprises at least one a first cam lobe disposed eccentric to the rotational axis of said first actuation lever; and wherein at least a first cam lobe is disposed specifically opposite said actuation button;

wherein said opening of said second longitudinally disposed longitudinal surface comprises said second fulcrum ~~surface on~~ bearing surface, on which said first actuation lever can rotate;

wherein rotating said first actuation lever moves a portion of said first actuation lever away from said first and said second fulcrum bearing surfaces resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism.

Claim 335 (currently amended) The adjustable spring mechanism of claim 334, wherein ~~at least~~ a first cam lobe is formed by decreasing at least a first portion of the outside diameter comprising ~~of~~ said first actuation lever.

Claim 336 (currently amended) The adjustable spring mechanism of claim 333; wherein said second longitudinally disposed longitudinal surface comprises an enlarged opening through which said first actuation lever extends; and wherein said first actuation lever can spatially move within said enlarged opening of said second longitudinally disposed longitudinal surface; wherein said first actuation lever can be spatially displaced away

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from said first fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism; and wherein said first actuation lever can be spatially displaced away from said second fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism;

and wherein the entirety of said first actuation lever be spatially displaced away from said first and said second fulcrum bearing surfaces resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism;

~~and wherein said first actuation lever can be moved away from said first and said second fulcrum bearing surfaces;~~ wherein pivoting said first actuation lever in two directions moves a portion of said first actuation lever away from at least one said a first fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring ~~mechanism mechanism~~;

~~and wherein said first actuation lever can rotate.~~

Claim 337 (previously presented) The adjustable spring mechanism of claim 336, wherein said enlarged opening of said second longitudinally disposed longitudinal surface comprises said second fulcrum bearing surface.

Claim 338 (currently amended) The adjustable spring mechanism of claim 324, wherein said actuation mechanism comprising of said ~~first lockable locking~~ telescoping spring mechanism further comprises a second actuation lever disposed opposite said actuation button; wherein said second actuation lever extends generally orthogonal ~~orthogonally~~ to ~~from~~ said first actuation lever;

wherein said second actuation lever can move; wherein movement of said second actuation lever can move at least a portion of at least one of said first and said second a first actuation levers lever away from at least one said a first fulcrum bearing surface; wherein moving said second actuation lever results in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism; ~~and wherein said second actuation lever can rotate.~~

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Claim 339 (currently amended) The adjustable spring mechanism of claim 338, wherein said second actuation lever can rotate; wherein rotating said second actuation lever can spatially displace at least a portion of at least one of said first and said second a first actuation levers lever away from one said a first fulcrum bearing surface resulting in depressing moving said actuation button and actuating said first lockable locking telescoping spring mechanism; and wherein rotating said second actuation lever in two directions, can move at least one of said a first and said second actuation levers lever away from at least one said a first fulcrum bearing surface resulting in depressing moving said actuation button and actuating said first lockable locking telescoping spring mechanism; mechanism.

and wherein pivoting said second actuation lever can move at least one said a first actuation lever away from at least one said a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable locking telescoping spring height adjustment lifting mechanism;

and wherein pivoting said second actuation lever can spatially displace at least one said a first actuation lever away from at least one said a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable locking telescoping spring height adjustment lifting mechanism.

Claim 340 (currently amended) The adjustable spring mechanism of claim 338, wherein said first lockable locking telescoping spring comprises a third longitudinal surface disposed longitudinal longitudinally parallel said first lockable locking telescoping spring mechanism; mechanism, wherein said third surface faces said actuation button, and is disposed generally orthogonal to said first and said second longitudinally disposed longitudinal surfaces; said third longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said second actuation lever is disposed between said inside surface of said third longitudinally disposed longitudinal surface and said first actuation lever.

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Claim 341 (currently amended) The adjustable spring mechanism of claim 340, wherein said third longitudinally disposed longitudinal surface comprises an opening through which said second actuation lever extends; wherein said second actuation lever can move within said opening; ~~and wherein said second actuation lever can rotate.~~

Claim 342 (currently amended) The adjustable spring mechanism of claim 341; wherein said opening of said third longitudinally disposed longitudinal surface comprises an enlarged opening through which said second actuation lever extends; and wherein said second actuation lever can ~~spatially move within said enlarged opening;~~

and wherein at least a portion of said second actuation lever can be moved away from at least one said a first fulcrum bearing surface; ~~wherein pivoting said second actuation lever moves at least one of said first and said second a first actuation levers lever away from at least one said a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable locking telescoping spring mechanism; and wherein rotating said first actuation lever can move at least one of said first and said second a first actuation levers lever away from at least one said a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable locking telescoping spring mechanism.~~

Claim 343 (currently amended) The adjustable spring mechanism of claim 338, wherein said actuation mechanism comprising of said first lockable locking telescoping spring mechanism further comprises a third fulcrum bearing surface; and wherein said third fulcrum bearing surface is disposed generally orthogonal to said first and said second fulcrum bearing surfaces; wherein said second actuation lever comprises a second section; wherein said second section extends at least from said first actuation lever to said third fulcrum bearing surface; wherein said second actuation lever is disposed opposite said actuation button and opposite said third fulcrum bearing surface; and wherein at least one of said a first and said second actuation levers lever can directly contact said actuation button;

~~wherein said second actuation lever can move; wherein movement of said second actuation lever can move at least a portion of said second actuation lever away from at~~

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~~least one said a first fulcrum bearing surface; wherein moving said second actuation lever results in depressing said actuation button and actuating said first lockable locking telescoping spring mechanism; and wherein said second actuation lever can rotate.~~

Claim 344 (currently amended) The adjustable spring mechanism of claim 343, wherein said second actuation lever can be spatially displaced away from at least one said a first fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and actuating said first lockable locking telescoping spring mechanism; and wherein said second actuation lever can spatially displace at least a portion of at least a first one of said first and said second actuation levers away from at least one said a first fulcrum bearing surface, resulting in ~~depressing~~ moving said actuation button and actuating said first lockable locking telescoping spring mechanism;

~~and wherein said second actuation lever can be moved away from at least one said a first fulcrum bearing surface; wherein pivoting said second actuation lever can be pivoted~~ away from at least one said a first fulcrum bearing surface; surface wherein pivoting said second actuation lever can spatially displace a portion of at least one of said first and said second a first actuation levers lever away from at least one said a first fulcrum bearing surface, resulting in ~~depressing~~ moving said actuation button and actuating said first lockable locking telescoping spring mechanism.

Claim 345 (previously presented) The adjustable spring mechanism of claim 343, wherein said second actuation lever comprises a first handle section; wherein said third fulcrum bearing surface is disposed between said first handle section and said second section of said second actuation lever.

Claim 346 (currently amended) The adjustable spring mechanism of claim 341, wherein said opening of said third longitudinally disposed longitudinal surface comprises a said third fulcrum bearing surface upon ~~on~~ which said second actuation lever can pivot; wherein pivoting said second actuation lever moves at least a portion of at least one of said first and said second a first actuation levers lever away from at least one said a first fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and

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actuating said ~~first lockable~~ locking telescoping spring mechanism; ~~and wherein said second actuation lever can rotate on said third fulcrum bearing surface.~~

Claim 347 (currently amended) The adjustable spring mechanism of claim 343, wherein said second actuation lever can be spatially displaced away from said third fulcrum bearing surface; wherein said second actuation lever can rotate; wherein rotating said second actuation lever in two directions can spatially displace ~~displaces~~ at least a portion of one of said first and said second ~~a first actuation levers~~ lever away from at least one said ~~a first~~ fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable~~ locking telescoping spring ~~height adjustment lifting~~ mechanism; ~~and wherein pivoting said second actuation lever in two directions, spatially displaces at least one of said first and said second a first actuation levers lever away from at least one said a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable locking telescoping spring mechanism.~~

Claim 348 (currently amended) The adjustable spring mechanism of claim 340, wherein said ~~first lockable~~ locking telescoping spring comprises a fourth longitudinal surface disposed longitudinal ~~longitudinally parallel~~ said ~~first lockable~~ locking telescoping spring ~~mechanism; mechanism;~~ wherein said fourth longitudinally disposed surface faces said actuation button, and is disposed opposite said third longitudinally disposed surface, and generally orthogonal to said first and said second longitudinally disposed longitudinal surfaces; said fourth longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said second actuation lever is disposed between said inside surface of said third longitudinally disposed longitudinal surface and said inside surface of said fourth longitudinally disposed longitudinal surface.

Claim 349 (currently amended) The adjustable spring mechanism of claim 343, wherein said actuation mechanism comprising ~~of~~ said ~~first lockable~~ locking telescoping spring mechanism comprises a fourth fulcrum bearing surface; wherein said fourth fulcrum bearing surface is disposed generally opposite said third fulcrum bearing surface, and

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generally between said first and said second fulcrum bearing surfaces; wherein said second section of said second actuation lever extends from said third fulcrum bearing surface to said fourth fulcrum bearing surface; wherein said actuation button is disposed opposite said third and said fourth fulcrum bearing surfaces; and wherein said second section of said second actuation lever is disposed opposite said actuation button;

wherein said second actuation lever can move; wherein movement of said second actuation lever can move at least a portion of said second actuation lever away from said third and said fourth fulcrum bearing surfaces; wherein moving said second first actuation lever results in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism; and wherein said second first actuation lever can rotate;

and wherein said second actuation lever can comprise said second fulcrum bearing surface.

Claim 350 (currently amended) The adjustable spring mechanism of claim 349, wherein said second actuation lever can be spatially displaced away from said third fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism; and wherein said first actuation lever can be spatially displaced away from said fourth fulcrum bearing surface resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism; and wherein the entirety of said second actuation lever can be spatially displaced away from said third and said fourth fulcrum bearing surfaces resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism;

~~and wherein said second actuation lever can be moved away from said third and said fourth fulcrum bearing surfaces;~~ wherein pivoting said second actuation lever moves a portion of said second first actuation lever away from said third and said fourth fulcrum bearing surfaces resulting in ~~depressing~~ moving said actuation button and actuating said ~~first lockable locking~~ telescoping spring mechanism.

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Claim 351 (currently amended) The adjustable spring mechanism of claim 349, wherein said third fulcrum bearing surface is disposed generally orthogonal to said first and said second fulcrum bearing surfaces; wherein said actuation button is disposed between said third and said fourth fulcrum bearing surfaces; wherein at least a portion of said second actuation lever can be moved away from said third and said fourth fulcrum bearing surfaces; wherein pivoting said second actuation lever in two directions moves a portion of said second actuation lever away from said third and said fourth fulcrum bearing surfaces resulting in depressing moving said actuation button and actuating said first ~~lockable~~ locking telescoping spring mechanism.

Claim 352 (currently amended) The adjustable spring mechanism of claim 348, wherein said fourth longitudinally disposed longitudinal surface comprises an opening through which said second actuation lever extends; said opening is disposed ~~diametrically~~ opposite said opening ~~comprising of~~ said third longitudinally disposed longitudinal surface; and wherein said second actuation lever extends directly from said opening of said third longitudinally disposed longitudinal surface to said first actuation lever, and then extends further to said opening of said fourth longitudinally disposed longitudinal surface; wherein a portion of said second actuation lever comprises at least ~~one~~ a first cam lobe disposed eccentric to the rotational axis of said second actuation lever; and wherein at least a first cam lobe is disposed specifically opposite said first actuation lever;

wherein said opening of said fourth longitudinal surface comprises a fourth fulcrum bearing surface on which said second actuation lever can rotate.

wherein rotating said second actuation lever moves a portion of said second actuation lever away from said third and said fourth fulcrum bearing surfaces resulting in depressing moving said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism.

Claim 353 (previously presented) The adjustable spring mechanism of claim 352, wherein at least one said ~~a first~~ cam lobe comprising of said second actuation lever is

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formed by decreasing at least a first portion of the outside diameter comprising of said second actuation lever.

Claim 354 (currently amended) The adjustable spring mechanism of claim 348; wherein said fourth longitudinally disposed longitudinal surface comprises an enlarged opening through which said second actuation lever extends; and wherein said second actuation lever can spatially move within said enlarged opening of said fourth longitudinally disposed longitudinal surface; wherein said second actuation lever can be spatially displaced away from said fourth fulcrum bearing surface resulting in depressing moving said actuation button and actuating said ~~first-lockable~~ locking telescoping spring mechanism; and wherein said second actuation lever can be spatially displaced away from said third fulcrum bearing surface resulting in depressing moving said actuation button and actuating said ~~first-lockable~~ locking telescoping spring mechanism;

and wherein the entirety of said second actuation lever be spatially displaced away from said third and said fourth fulcrum bearing surfaces resulting in depressing moving said actuation button and actuating said ~~first-lockable~~ locking telescoping spring mechanism;

~~and wherein said second actuation lever can be moved away from said third and said fourth fulcrum bearing surfaces;~~ wherein pivoting said second actuation lever in two directions moves a portion of said second actuation lever away from at least one said a first fulcrum bearing surface resulting in depressing moving said actuation button and actuating said ~~first-lockable~~ locking telescoping spring mechanism; ~~and wherein said first actuation lever can rotate.~~

Claim 355 (previously presented) The adjustable spring mechanism of claim 354, wherein said enlarged opening of said fourth longitudinal surface comprises said fourth fulcrum bearing surface.

Claim 356 (currently amended) The adjustable spring mechanism of claim 349, wherein said second actuation lever comprises a third handle section; wherein said fourth fulcrum

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bearing surface is disposed between said ~~third~~ ~~third~~ a handle section and said second section of said second actuation lever.

Claim 357 (currently amended) The adjustable spring mechanism of claim 324, wherein said first actuation lever comprises at least one a first cam lobe, wherein each said cam lobe ~~lobes~~ ~~is~~ ~~are~~ disposed eccentric to the rotational axis of said first actuation lever, opposite said first and said second fulcrum bearing surfaces, and opposite said actuation button;

wherein at least a portion of said first actuation lever can be moved away from said first and said second fulcrum bearing surfaces; wherein said first actuation lever can rotate;

wherein rotating said first actuation lever causes a portion of said first actuation lever to be moved away from at least one said ~~a~~ first fulcrum bearing surface causing a portion of said first actuation lever to engage and depress said actuation button resulting in depressing moving said actuation button and actuating said ~~first-lockable~~ locking telescoping spring mechanism.

Claim 358 (previously presented) The adjustable spring mechanism of claim 338, wherein said second actuation lever is disposed at a different elevation than said first actuation lever.

Claim 359 (currently amended) The adjustable spring mechanism of claim 338, wherein said actuation mechanism comprising of said ~~first-lockable~~ locking telescoping spring mechanism comprises third and a fourth fulcrum bearing surfaces; wherein said actuation button is disposed opposite said third and said fourth fulcrum bearing surfaces; wherein said second actuation lever comprises a second section, wherein said second section extends from said third fulcrum bearing surface to said fourth fulcrum bearing surface and is disposed opposite said actuation button, and opposite said third and said fourth fulcrum bearing surfaces; wherein said second section can bear upon said third and said fourth fulcrum bearing surfaces;

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wherein said second actuation lever comprises at least one ~~a first~~ cam lobe, wherein ~~each said first~~ cam lobe is disposed eccentric to the rotational axis of said second actuation lever, and wherein at least one said ~~a first~~ cam lobe is disposed opposite said third and said fourth fulcrum bearing surfaces, and opposite said actuation button;

wherein at least a portion of said second actuation lever can be moved away from at least one said ~~a first~~ fulcrum bearing surface;

wherein rotating said second actuation lever causes a portion of said second actuation lever to be moved away from at least one said ~~a first~~ fulcrum bearing surface resulting in ~~depressing moving~~ said actuation button and actuating said first lockable locking telescoping spring mechanism.

Claim 360 (currently amended) The adjustable spring mechanism of claim 324, wherein said ~~first lockable~~ locking telescoping spring mechanism includes a cable; wherein said cable comprises a first end and a second end; wherein said first end of said cable is attached to said first actuation lever of said ~~first lockable~~ locking telescoping spring mechanism; and wherein moving said ~~a~~ second end of said cable results in moving at least a portion of said first actuation lever away from at least one said ~~a first~~ fulcrum bearing surface resulting in ~~depressing moving~~ said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism.

Claim 361 (currently amended) The adjustable spring mechanism of claim 338, wherein said ~~first lockable~~ locking telescoping spring mechanism includes a cable; wherein said cable comprises a first end and a second end; wherein said first end of said cable is attached to said second actuation lever comprising of said ~~first lockable~~ locking telescoping spring mechanism; and wherein moving said ~~a~~ second end of said cable results in moving at least a portion of said second actuation lever away from at ~~least~~ least one said ~~a first~~ fulcrum bearing surface resulting in ~~depressing moving~~ said actuation button and actuating said ~~first lockable~~ locking telescoping spring mechanism.

Claim 362 (currently amended) The adjustable spring mechanism of claim 331, wherein said actuation mechanism comprising of said ~~first lockable~~ locking telescoping spring

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mechanism comprises a ring connecting said first and said third handle sections comprising of said first actuation lever and encircling said ~~first lockable~~ locking telescoping spring mechanism.

Claim 363 (currently amended) The adjustable spring mechanism of claim 345, wherein said actuation mechanism comprising of said lockable telescoping spring mechanism comprises a ring connecting said first and said third handle sections of said first and said second actuation levers and encircling said ~~first lockable~~ locking telescoping spring mechanism.

Claim 364 (currently amended) The adjustable spring mechanism of claim 356, wherein said actuation mechanism comprising of said lockable telescoping spring mechanism comprises a ring connecting said first and said third handle sections of said first and said second actuation levers and encircling said ~~first lockable~~ locking telescoping spring mechanism.

Claim 365 (currently amended) The adjustable spring mechanism of claim 324, wherein said ~~first lockable~~ locking telescoping spring mechanism comprises a first telescoping section, a second telescoping section, and wherein said resilient spring is disposed within said ~~first lockable~~ locking telescoping spring mechanism; wherein actuation of said ~~first lockable~~ locking telescoping spring mechanism allows relative movement between said first and said second telescoping sections.

Claim 366 (currently amended) The adjustable spring mechanism of claim 324, wherein said ~~first lockable~~ locking telescoping spring mechanism comprises a locking gas spring which comprises:

a cylinder, a piston disposed within said cylinder and extending outwardly therefrom; a resilient spring material comprising pressurized gas disposed within said cylinder, a fluid gas flow control valve including a fluid gas flow control valve extension that extends outwardly from said locking gas spring; wherein said fluid gas flow control

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valve extension comprises a movable actuation button extending outwardly from said locking gas spring.

Claim 367 (currently amended) The adjustable spring mechanism of claim 365, wherein said ~~first lockable~~ locking telescoping spring mechanism additionally comprises a stand tube, wherein ~~one said a first~~ telescoping section ~~comprising of~~ said ~~first lockable~~ locking telescoping spring mechanism does not ~~extend~~ move axially in relationship to said stand tube, and wherein said stand tube comprises an opening on at least one end; wherein ~~one said a second~~ telescoping section can move axially within said opening of said stand tube.

Claim 368 (currently amended) The adjustable spring mechanism of claim 365, wherein said ~~first lockable~~ locking telescoping spring mechanism additionally comprises a first tube, said first tube disposed in a telescoping arrangement with said ~~first lockable~~ locking telescoping spring mechanism; wherein said ~~first lockable~~ locking telescoping spring mechanism is included within said first tube.

Claim 369 (currently amended) The adjustable spring mechanism of claim 368, wherein said ~~first lockable~~ locking telescoping spring mechanism additionally comprises a second tube, said second tube disposed in a telescoping arrangement with said first tube, wherein said ~~first lockable~~ locking telescoping spring mechanism is disposed within said first and said second tubes.

Claim 370 (currently amended) The adjustable spring mechanism of claim 368, wherein said first tube comprises at least one of said ~~a first said~~ longitudinally disposed longitudinal surfaces surface.

Claim 371 (currently amended) The adjustable spring mechanism of claim 368, wherein said first tube further comprises a telescoping spring mechanism support, wherein said ~~first lockable~~ locking telescoping spring mechanism is attached to said telescoping spring mechanism support.

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wherein said ~~first-lockable~~ locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

Claim 372 (currently amended) The adjustable spring mechanism of claim 369, wherein said second tube comprises at least one of said a first said longitudinally disposed longitudinal surfaces surface.

Claim 373 (currently amended) The adjustable spring mechanism of claim 369, wherein said second tube comprises a telescoping spring mechanism support, wherein said ~~first lockable~~ locking telescoping spring mechanism is attached to said telescoping spring mechanism support,

wherein said ~~first-lockable~~ locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

Claim 374 (currently amended) The adjustable spring mechanism of claim 368, wherein said first tube further comprises a first component support, wherein said component support is adapted for supporting a component; wherein said first tube is attached to said first component support and extends axially therefrom.

Claim 375 (currently amended) The adjustable spring mechanism of claim 369, wherein said second tube further comprises a second component support, wherein said component support is adapted for supporting a component; wherein said first tube is attached to said second component support and extends axially therefrom.

Claim 376 (currently amended) The adjustable spring mechanism of claim 367, wherein said stand tube further comprises a third component support, wherein said component support is adapted for supporting a component; wherein said stand tube is attached to said third component support, is supported by said third component support, and extends axially therefrom.

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Claim 377 (currently amended) The actuation mechanism of claim 374, wherein said component support comprises at least one said a first fulcrum bearing surface.

Claim 378 (currently amended) The adjustable spring mechanism of claim 324, wherein said ~~first lockable~~ locking telescoping spring mechanism further comprises at least one a first component support; wherein each said first component support is adapted for supporting a component; and ~~wherein a~~ wherein one said component support is disposed on at least one end of said ~~first lockable~~ locking telescoping spring mechanism.

Claim 379 (currently amended) The adjustable spring mechanism of claim 378, wherein one said a component support additionally supports at least one said a first actuation lever.

Claim 380 (currently amended) The adjustable spring mechanism of claim 378, wherein one said a component support additionally comprises at least one said a first fulcrum bearing surface.

Claim 381 (currently amended) The adjustable spring mechanism of claim 378, wherein said ~~first lockable~~ locking telescoping spring mechanism comprises a first said component support; and a second said component support; wherein said first component support is disposed at one end of said ~~first lockable~~ locking telescoping spring mechanism and comprises a floor contacting base; wherein said floor contacting base supports said is adapted for supporting at least first lockable locking telescoping spring height adjustment lifting mechanism; and wherein said second component support is disposed at the opposite end of said ~~first lockable~~ locking telescoping spring mechanism and comprises a first furniture component support; wherein said ~~first furniture component support~~ is adapted for supporting a furniture component; wherein ~~at least said first lockable~~ locking telescoping spring mechanism extends is longitudinally disposed vertically above said base, is supported by said base, and comprises a ~~first lockable locking telescoping spring height adjustment lifting mechanism; and wherein said first lockable telescoping spring height adjustment lifting mechanism further comprises a first~~

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height adjustable column; wherein said ~~first~~ height adjustable column extends is longitudinally disposed vertically above said base, and is supported by said base;

~~wherein said first lockable telescoping spring height adjustment lifting mechanism comprises a resilient spring material;~~

wherein upon the actuation of said locking lockable telescoping spring height adjustment lifting mechanism, said resilient spring material may be compressed; and wherein upon actuation, said resilient spring material of said lockable telescoping spring height adjustment lifting mechanism, if compressed, will resiliently expand unless a sufficient compressive force is applied to said lockable telescoping spring height adjustment lifting mechanism;

~~wherein said actuation and resilient expansion of said compressed spring material of each of said lockable telescoping spring height adjustment lifting mechanisms results in applying an upward force to said first furniture component support; support, resulting in the rising of said first furniture component support relative to the floor;~~

wherein said adjustable spring mechanism comprises a height adjustable pedestal.

Claim 382 (currently amended) The adjustable spring mechanism of claim 381, comprising a furniture component disposed above and supported by said furniture component support.

~~wherein said first height adjustable column comprises a furniture component disposed above at least a first furniture component support.~~

Claim 383 (new): The adjustable spring mechanism of claim 324, wherein said first actuation lever can rotate; wherein rotating said first actuation lever in either opposite direction can result in moving said actuation button to said second unlocked position.

Claim 384 (new): The adjustable spring mechanism of claim 324, wherein said first actuation lever can pivot; wherein pivoting said first actuation lever in either opposite direction can result in moving said actuation button to said second unlocked position.

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Claim 385 (new): The adjustable spring mechanism of claim 324, wherein said first actuation lever can pivot and rotate; wherein pivoting or rotating said first actuation lever can result in moving said actuation button to said second unlocked position.

Claim 386 (new): The adjustable spring mechanism of claim 324, further comprising first and second oppositely disposed longitudinal surfaces each disposed longitudinally parallel said locking telescoping spring mechanism; wherein each longitudinal surface comprises an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said first longitudinal surface comprises a first opening; wherein said second longitudinal surface comprises a second opening; wherein each opening comprises said first and said second fulcrum bearing surfaces, respectively; wherein said first actuation lever is disposed within said first and said second openings and can rotate on said first and said second fulcrum bearing surfaces therein; wherein said first actuation lever comprises a cam lever; wherein rotation of said cam lever in either opposite direction can result in moving said actuation button to said second unlocked position.

Claim 387 (new): The adjustable spring mechanism of claim 386, wherein at least one said opening comprising said first or said second longitudinally disposed surfaces is enlarged; wherein said first actuation lever can pivot on said first and said second fulcrum bearing surfaces; wherein pivoting said first actuation lever can result in moving said actuation button to said second unlocked position.

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